WHAT IS CLAIMED IS:

1. A package comprising a bag having lines of weakness and a pull-tab opener secured to the bag proximate to the lines of weakness, the pull-tab opener having a pull-tab opening integral therewith, wherein the pull-tab opening is designed to be hooked with hooking means.

2. The package of claim 1, wherein the pull-tab opener is a reusable pull-tab opener secured to the bag with reusable securing means or a combination of reusable securing means and permanent securing means.

3. The package of claim 2, wherein the lines of weakness include two substantially parallel lines of perforations and a slit or third line of perforations located substantially perpendicular to and in between the two substantially parallel lines of perforations at one end, further wherein the reusable pull-tab opener covers the two substantially parallel lines of perforations, further wherein the package is comprised of six panels arranged in a rectangular configuration and the substantially parallel lines of perforations extend across a portion of two adjacent panels.

4. The package of claim 2, wherein the lines of weakness include two substantially parallel lines of perforations and a slit or third line of perforations located substantially perpendicular to and in between the two substantially parallel lines of perforations at one end, further wherein the reusable pull-tab opener covers the two substantially parallel lines of perforations, further wherein the package is comprised of six panels arranged in a rectangular configuration and the substantially parallel lines of perforations are contained on a single panel.

5. The package of claim 2, wherein at least a portion of the lines of weakness are perforations that form a V-shape having a perforation junction, further wherein the reusable pull-tab opener covers the perforation junction.

6. The package of claim 2, wherein the bag and pull-tab opener are made from a polymeric plastic film, paper or a paper composite and the pull-tab opening is a finger-sized opening, further wherein the hooking means comprises one to three fingers or an object, the object having a maximum diameter not greater than about eight (8) cm.

7. The package of claim 2, wherein the bag and pull-tab opener are made from a polymeric plastic film, paper or a paper composite and the pull-tab opening is larger than a finger-sized opening and the hooking means includes a hand.

8. A bag, comprising:

a plurality of panels;

lines of weakness located on one or more of the plurality of panels, the lines of weakness configured to form one or more flaps when torn; and

one or more pull-tabs secured to the one or more flaps and positioned to tear open the lines of weakness when pulled on with sufficient force, the one or more pull-tabs each having a pull-tab opening on one end, each pull-tab opening designed to be hooked with a hooking means.

9. The bag of claim 8, wherein the one or more pull-tabs are reusable pull-tab openers secured to the bag with reusable securing means or a combination of reusable securing means and permanent securing means.

10. The bag of claim 8, further comprising articles contained within the bag, wherein the articles can be of different types and sizes.

11. A method for providing an enhanced opening system for a sealed container comprising:

providing a package comprising a bag having lines of weakness and a pull-tab opener secured to the bag proximate to the lines of weakness, the pull-tab opener having a pull-tab opening integral therewith, wherein the pull-tab opening is designed to be hooked with hooking means; and

providing suitable markings to convey instructions to use the pull-tab opener to access the contents of the package utilizing a larger muscle group as compared to the muscles needed to produce a pinch force, wherein the package is adapted to be opened easily by a person who follows the instructions conveyed by the markings.

12. The method of claim 11 further comprising providing words to convey the instructions.

13. The method of claim 11 wherein the pull-tab opener is a reusable pull-tab opener.

14. The method of claim 13 further comprising securing the reusable pull-tab opener to the bag with reusable securing means or a combination of reusable securing means and permanent securing means.

15. A method of providing a system of enhanced product removal from a sealed container comprising:

providing a sealed container having lines of weakness;

providing at least one product disposed within the sealed container; and

providing a pull-tab opener secured to the sealed container proximate to the lines of weakness wherein the pull-tab opener has a pull-tab opening configured to allow a user to hook the pull-tab opener through the pull-tab opening and apply sufficient force utilizing a larger muscle group, as compared to the muscles needed to produce a pinch force, to tear the sealed container at the lines of weakness creating an opening, further wherein the product is oriented proximate to the opening to facilitate easy removal of the product.

16. The method of claim 15 wherein the pull-tab opener is a reusable pull-tab opener secured to the bag with reusable securing means or a combination of reusable securing means and permanent securing means.

17. The method of claim 15 wherein the lines of weakness include two substantially parallel lines of perforations and a slit or third line of perforations located substantially perpendicular to and in between the two substantially parallel lines of perforations at one

end, further wherein the reusable pull-tab opener covers the two substantially parallel lines of perforations, further wherein the package is comprised of six panels arranged in a rectangular configuration and the substantially parallel lines of perforations extend across a portion of two adjacent panels.

18. The method of claim 15 wherein the lines of weakness include two substantially parallel lines of perforations and a slit or third line of perforations located substantially perpendicular to and in between the two substantially parallel lines of perforations at one end, further wherein the reusable pull-tab opener covers the two substantially parallel lines of perforations, further wherein the package is comprised of six panels arranged in a rectangular configuration and the substantially parallel lines of perforations are contained on a single panel.

19. The method of claim 15 wherein at least a portion of the lines of weakness are perforations that form a V-shape having a perforation junction, further wherein the reusable pull-tab opener covers the perforation junction.

20. The method of claim 15, further providing markings to convey instructions to use the pull-tab to access the contents and thus utilize a larger muscle group as compared to the muscles needed to produce a pinch force.

21. The method of claim 20 further comprising providing words to convey the instructions.